



When:

Monday, November 9, 2015 Where:

Lehi Community Building

(1231 E. Oak Street, Mesa AZ 85203)

Time:

6:00pm-7:30pm



<u>WHAT IS ZUMBA?</u> Zumba involves dance and aerobic elements. The choreography incorporates hip-hop, soca, samba, salsa, merengue and mambo. Squats and lunges are also included. The exercises include music with fast and slow rhythms, as well as resistance training. Zumba program is safe for all ages. Approximately 15 million people take weekly Zumba classes in over 200,000 locations across 180 countries.

We encourage all family members to come out to dance and have fun.

Question call 480-362-7320 (Rachel Seepie)

We Welcome Everyone To Join The Party! FAMILY, FRIENDS & COWORKERS!





